



COVID-19 PRE-CAUTIONARY MEASURES FOR DAY CAMP

Your health is a priority for us, so please read on to learn more about our business preparedness and our safety measures below. Ice Dreams Skating Academy Inc. is following all POST Promise protocols set out in the following link:

<https://thebusinesscouncil.ca/initiatives/post-promise/>

These are our new skating guidelines we have set in place for our group lessons and Day Camp. These protocols are based on current Ontario statutes and regulations, current public health requirements and our motivation to make our sport safe for everyone.

PLEASE NOTE Ice Dreams Skating Academy has created a policy to prohibit lessons to anyone not wearing a mask or face covering when entering into the facility. Exemptions are made for children younger than 5, for anyone with medical conditions and special needs, and for anyone participating on the ice.

Thank you for your understanding.

Stay Safe.

To Coaches, Staff and Customers of Ice Dreams Skating

Ice Dreams Skating Academy is committed to making this a safe and fun experience for everyone. We have developed an official re-opening plan in conjunction with Public Health Ontario that will be strictly enforced to keep our skaters, customers, coaches and staff safe during our re-opening. So long as everyone complies with provincial and municipal COVID-19 guidelines, Ice Dreams Skating Academy Inc. is permitted to operate during Winter Break Camp.

For the safety of all our skaters, customers, coaches and staff the following are integral parts to our re-opening plan:

- **SAFE SOCIAL INTERACTIONS**
 - Maintain proper distance from each other
- **PERSONAL HYGIENE**
 - Frequent hand washing
 - Cough into your sleeve
 - Wear a mask
 - No handshakes
- **STAY HOME IF YOU ARE SICK**
 - Routine screening when you come into the facility
 - If you are experience symptoms you must stay home
 - Returning travellers must self-isolate for 14 days

- **ENVIRONMENTAL HYGIENE**
 - There will be more frequent cleaning within the facility
 - Surface sanitization in highly-touched areas

The following controls will be implemented when Ice Dreams Skating Academy is running its sessions:

Pre-Registration

- Skaters should pre-register and pay online or over the phone whenever possible in order to minimize contact with staff.
- Wherever possible all registrations, including the collection of payment should be done online, over the phone or via email.
- At this time we will not be using the POS terminal. Payment will be made via eTransfer, Online and the use of cash will be limited.
- Attendance will be taken and record will be kept of all participants in case of an outbreak.

Health Screening

- All individuals, including camp participants, parents/guardians, staff, and visitors will be screened either at home prior to arrival or upon arrival at program setting prior to entry.
- Entry will be denied to any individual who has any of the symptoms outlined in the [COVID-19 Reference Document for Symptoms](#) on the Ministry of Health's COVID-19 [website](#) or who has come in close contact with a person with symptoms of or confirmed COVID-19 in the past 14 days. Camp participants, in particular, will be monitored for atypical symptoms and signs of COVID-19.
- All campers will be sent a Health Screening Questionnaire set out by public health and asked to fill it out and send it back prior to the camp start date. Link Below:
 - <https://covid-19.ontario.ca/school-screening/>
- Where possible, daily screening will be done electronically (e.g., via online form, survey, or e-mail) prior to arrival at camp. If screening is done at the camp setting, screeners will take appropriate precautions when screening, including maintaining a distance of at least 2 metres (6 feet) from those being screened or wearing personal protective equipment (PPE).
- Alcohol-based hand sanitizer containing at least 60% alcohol content will be placed at all screening stations and entrances to the program.
- Camp participants who are ill will not be permitted to attend the program.
- Protocols are in place to notify parents/guardians if their camp participant begins to show symptoms of COVID-19 while in camp, including the need for immediate pick-up and an area to isolate the camp participant until pick-up.
- We will keep daily records of anyone (e.g., camp participants, parent/guardian, and staff) entering the program setting. Records (e.g., name, contact information, time of arrival/departure, screening completion, etc.) will be kept up-to-date and available to facilitate contact tracing in the event of a confirmed COVID-19 case or outbreak.

Proof of Vaccination Requirements

- Patrons 12 years or older are required to provide proof of vaccination
- Effective October 1, 2021, each person aged 12 years or older must show proof of vaccination when attending the indoor area of the facility for the purpose of:
 - • Actively participating in organized sports
 - • Coaching, officiating at organized sports or volunteers
 - • Spectating at organized sports

Contact Tracing

- Names and contact information for all our patrons are recorded and made available upon request by the Medical Officer of Health or an inspector under the *Health Protection and Promotion Act*.

Mask and Face Covering Usage

- All individuals in indoor areas of the facility are required to wear a mask or face covering unless actively participating or engaging in an athletic or fitness activity, including:
 - Moving between areas in the facility
 - In changerooms especially when physical distancing cannot be maintained
- Every indoor spectator must wear a mask or face covering unless they are entitled to an exception in

Capacity Limits and Physical Distancing

- There are no longer any capacity limits in place for any indoor sports facility, fitness and recreational amenities.
- Where possible, we will stagger patrons' entrances and exits into the facility to ensure there is no crowding at points of entry and exit and in common areas in the facility
- We encourage individuals to arrive at the facility appropriately dressed for their activity to minimize the amount of time spent in change rooms

Arrivals & Departures

- Customers will need to arrive at the facility no earlier than **15 minutes** before their scheduled camp/lesson time, maintain sufficient space for physical distancing while lining up or waiting to begin.
- At the end of their scheduled lesson/camp all participants must immediately leave the facility.
- Pick-up and drop-off of camp participants will happen outside the program setting unless it is determined that there is a need for the parent/guardian to enter the setting.
- Pick-up and drop-off procedures will support physical distancing and cohorting using strategies such as, but not limited to: separate cohort entrances, having one designated parent/guardian pick-up and drop-off each camp participant, staggering entry, or limiting the numbers of people in entry areas.

Encouraging Physical Distancing

- At least 2 metres between camp participants, parents/guardians and staff by:
 - Spreading camp participants out into different areas
 - Spreading furniture, camp equipment, and activity stations out into different areas.
 - Incorporating more individual activities or activities that encourage more space between camp participants.
 - Using telephone or video conferencing when possible for meetings between staff and parents/guardians.
 - Considering staffing ratios and staff expertise that may be needed to support camp participants with special needs. Physical distancing may be more challenging to achieve for participants who have communication issues or behaviour challenges.
- We will operate programs in consistent cohorts of no more than 15 camp participants who stay together throughout the duration of the program off the ice, with the following considerations:
 - While close contact may be unavoidable between members of a cohort, physical distancing and general infection prevention and control practices will still be encouraged, where possible.
 - Face coverings (non-medical masks) should be used if physical distancing of at least 2-metres cannot be maintained between cohorts.
 - Face coverings may not be tolerated by everyone based on underlying health, behaviour issues or beliefs. Consideration will be given to mitigate any possible physical and psychological injuries that may inadvertently be caused by wearing a face covering.
 - Face coverings should be changed if visibly soiled, damp, or damaged.
 - Cohorts will not mix with other cohorts when off the ice. Cohorts may be within the same room/space (e.g. staff areas/rooms, ice rink, gymnasiums, lunch room, hallways) at the same time when they can guarantee there will be no interaction/mixing between the cohorts at any point. This includes during pick-ups and drop-offs, mealtimes, playtime and other sports activities.
 - When utilizing a room/space that is shared by cohorts or has other user groups (e.g., gymnasium) will ensure the room/space is cleaned and disinfected before and after using the space.

- Personal belongings brought to camp should be minimized. If brought to camp, personal items (e.g., backpack, clothing, water bottles, food, etc.) should be labeled by parent/guardian and kept in an area designated for the individual's cohort and should not be handled by individuals from other cohorts.
- In shared space, cohorts must maintain a distance of at least 2 metres between groups and any other individuals outside of the cohort.
- Plans will be made to prevent mixing of cohorts in washrooms and to frequently clean and disinfect shared surfaces in washrooms/changerooms.
- Getting close to faces of camp participants will be avoided, where possible.
- Meal or snacks brought by the camp participant:
 - Ensure camp participants and staff perform proper hand hygiene before and after eating.
 - Ensure each camp participant has their own drink bottle that is labeled, kept with them during the day, and not shared.
 - Fill water bottles rather than drink directly from the mouthpiece of water fountains.
 - Ensure each camp participant has their own individual meal or snack with no common food items (e.g., salt/pepper shaker, condiments).
 - We have a “no food sharing” policy.
 - Physical distancing should be maintained while eating.

Equipment - Skates & Helmet

- Skaters are requested to come in skating attire, skates & helmet included. Don't forget your skate guards!
- There will be seating around the ice rink as change-rooms will not be used at this time to maintain physical distancing.
- Skaters are asked to arrive right at the start of their lesson time with skates & helmet on.

Parent/Guardian Viewing (On Ice Lesson Only Parent/Guardian)

- No spectators will be allowed in the arena facility, unless they are needed to accompany a minor in order to assist in putting on and removing equipment, in which case only (1) parent and/or guardian will be granted temporary access while adhering to all appropriate physical distancing measures to assist and once completed immediately exit the arena facility.
- Once your child is on the ice, parents must leave the facility this way we can safely teach the skaters.
- If your child needs to use the bathroom we will notify you to come and assist them.
- Parents will be required to wear face masks when entering the building. Please remember to social distance while inside the building.
- Face masks are recommended but not required for skaters on the ice.

Entry and Exit to the Ice

- We will have different doors for entering and exiting the ice to best manage the flow of traffic.
- Coaches will meet the skater at the set entry and assist them onto the ice.
- When exiting the ice at the end of the skater's lesson, parents must be at the exit door to greet their child while maintaining physical distancing.

Teaching Aids

- We will not be using any teaching aids that are made of cloth.
- All toys and equipment used at the Winter Break Camp are made of material that can be cleaned and disinfected or are single use and are disposed of at the end of the day.
- All plastic teaching aids will be sanitized before and after every session.
- Minimizing the sharing and frequency of touching of objects, toys, equipment and surfaces, and other personal items.
- Skaters will be instructed to NOT touch the teaching aids.
- Increasing the frequency of cleaning and disinfecting objects, toys, equipment and frequently touched items.

- Checking expiry dates of cleaning and disinfectant products used and always following the manufacturer's instructions. Ensure that the product used are compatible with the item to be cleaned and disinfected.
- Performing and promoting frequent, proper hand hygiene (including supervising or assisting camp participants with hand hygiene). Hand washing using soap and water is recommended over alcohol-based hand rub (ABHR) for children. Please Refer to PHO's [How to Wash Your Hands](#) fact sheet
- Incorporating additional hand hygiene opportunities into the daily schedule. This may be needed in instances where toileting and assistance with activities of daily living are provided to camp participants.

Maintaining Quality Coaching

- Coaches will ensure all skills are demonstrated with accuracy and with exaggerated demonstrations to avoid hands-on assistance.
- Clear descriptions of skills will be used when teaching.
- Coaches will use a louder voice for distance and when wearing a mask.
- Coaches will also be moving with the skaters while giving instructions and corrections.

Equipment Rental

- All rental equipment (Skates & Helmet) will be disinfected and thoroughly sanitized between uses to help prevent the spread of COVID-19.

Staff & Coaches

Ice Dreams Skating Academy has an important obligation to ensure a healthy and safe workplace for our coaches and staff.

We have implemented the following measures:

- Educating coaches on public health information and expectations related to the implementation of our operating plan for Stage 3.
- Implementation of an Illness Policy, which outlines procedures for staff and customers that may be experiencing symptoms and ensures no one attends work/skating lessons when sick.
- Routine screening when entering into the facility.
- Enhanced hygiene protocols have been implemented:
 - Frequent and proper hand washing
 - Accessible hand-sanitizing stations
 - Coaches must wash and sanitize their hands upon arrival and before exiting the facility.
 - Reminders to avoid touching face, eyes, nose and mouth.
 - Reminders to use appropriate cough and sneeze etiquette – cough and sneeze into your elbow.
- Enhanced cleaning protocols for common areas and common equipment have been implemented.
- Measures for staff & coaches to maintain physical distancing
 - Limit use of and interactions in shared spaces and ensure physical distance can be maintained in these spaces.
 - Limit staff & coach interaction whenever and wherever possible.
- Where risk exposure is high, masks should be worn at all times.
- Gloves should be worn at all times.
- Minimize use of shared equipment.
- Staff & Coaches should disinfect any shared equipment they have come in contact with after each use.
- Ensure staff & coaches understand the Right to Refuse unsafe work and procedures are in place to respond to such concerns.
- Detailed guidelines for COVID-19 are available on the Ministry of Health's [COVID-19 website](#).
- If a staff member is diagnosed with COVID-19, the staff member must remain off work for 14 days following symptom onset and has received clearance from the local public health unit.

Management of Camp Participants with Suspected COVID-19

- If a camp participant begins to experience symptoms of COVID-19 while attending day camp:

- Symptomatic camp participants will be immediately separated from others in a supervised area until they can go home. In addition, where possible, anyone who is providing care to the camp participant should maintain a distance of at least 2 metres.
- Camp participants will be reminded of hand hygiene and respiratory etiquette while waiting to be picked-up.
- Camp participants with symptoms should be tested.

A list of symptoms, including atypical signs and symptoms, can be also be found in the [COVID-19 Reference Document for Symptoms](#) on the Ministry of Health's [COVID-19 website](#).

You should NOT participate if:

- **You do not feel well or are feeling symptoms of COVID-19**
- **Someone in your household has COVID-19 or is showing symptoms of COVID-19**
- **You have traveled outside of Canada within the last 14 days**
- **Someone in your household has traveled outside of Canada within the last 14 days.**

REGISTRATION

- Skaters should pre-register and pay online or over the phone whenever possible in order to minimize contact with staff.
- At this time we will not be using the POS terminal. Payment will be made via eTransfer, Online and the use of cash will be limited.
- Attendance will be taken and record will be kept of all participants in case of an outbreak.

Our COVID-19 Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure and while the virus circulates in our communities it is impossible to completely eliminate the risk. All registrants and coaches and staff must make their own decision as to whether it is in their best interest to participate at this time. Please consider your own circumstances and make the decision that is right for you. If you choose to join us, we require your full cooperation with our COVID-19 Plan.

We look forward to seeing everyone back on the ice under different circumstances than we are used to, but understanding that we will all need to do our part to get through these times together and keep each other healthy and strong.

Stay Safe.

Ice Dreams Skating Academy